

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

WARM UP EXERCISES

SINK SQUATS

SINK SQUATS:

I call these drills 'Sink Squats' as I usually did them in the morning and night standing at my kitchen and bathroom sinks. There are, however, a multitude of locations in which you can perform these useful exercises.

They are designed to work your '**Entire Lower Body Machine**' and you can incorporate your 'UBM' if you like. It is an excellent 'Cardio Pulmonary' event as well. Always use your 'Eyes For Balance'. Simply focus on a wall spot while you are engaged.

Set your 'Hip Axis' parallel to the sink. 'Foot Axes' should be 'Square' to the counter top. Stay that way until you come to the need for variety!

Standing a full arms length from the sink, 'Load Your Quads and Glutes' by just sitting down a little. Stay there for a ten count. Then stand back up fully onto your toes ('Calf Extensors') for a five count. Lower back to flat footed. Blood flowing! Muscles fibres warming!

Now the work begins.

Set your butt about three inches closer to the floor than at neutral stance or set up. This again loads the 'Quads & Glutes'.

Make sure you keep your '**Bladder Sucked Back**' so you can achieve '360 Degree Core Stability'. Never let the 'Suck Back Pressure' off during the entire exercise.

Keep your '**Spine Braced Up For Hip To Sternum Clearance**'.

Drop your butt near to the bottom, but NOT all the way. We do NOT want to release the 'Muscular Pressure or Load' during the drill. Go down slowly and then raise or drive back up slowly as well. But NOT all the way to tall and 'Quad Glutes Release'!

Ten reps or cycles, 'Down & Up'.

Rest for a five count.

Once you are capable, gradually increase the ‘Reps or Cycles and Speed’ (‘Frequency’) to about thirty to fifty.

Again, you can add ‘Weight or Mass’ to increase the ‘Load’ as required with collar weights or that good old loaded back pack.

Do this every second day!

For months!

11) **SINK SQUAT VARIATIONS:**

These are really solid **‘Hip Girdle’** exercises. They were originally designed by your ‘555 TEAM’ specifically for ‘Golf’. They are modified to strengthen and improve your ‘Core Stability’. They can do the job!

The ‘Hip and Socket’ (‘Femur to Hip Girdle’) have three distinct motion capabilities with a myriad of magical human ‘Combinations’.

As you know, the ‘Femur’ can **‘Flexor Extensor’**, **‘Inward and Outward Rotation’** as well as **‘Adduct and Abduct’**.

You can easily adapt this ‘Sink Squat Drill’ to progressively work these ‘Range Of Motions’ or functions.

To increase your **‘Adduct Abductor’** function, merely widen or narrow your ‘Stance Width’.

To increase your **‘Inward or Outward Rotation’** function, merely turn your ‘Feet Outward or Inward’ and do the same ‘Sink Squat Drills’. DO NOT rotate your feet ‘Inwardly or Outwardly’ but minimally and progressively over a several day period of time. This adjustment puts significant increased load on your ‘Hip Socket’ integrity. Gradually is the way! If you feel stress and strain, back it off a little.

To accomplish the **‘Flexor Extensor’** aspect, simply ‘Squat and Load The Quads & Glutes’. Then, lifting one ‘Foot’ off the ground about three inches, move your ‘Foot’ forward to extension, ‘Full Reach’ or ‘Stretching’ in your ‘Upper Leg, Hip and Groin’.

As an optional ‘Motion’ you can point your ‘Active Toe’ out at both ends of the ‘exercise. This activates the ‘Calf and Elevator Muscles’ in your lower leg or shin. Just an added bonus!

Then move the same elevate 'Active Foot' along the floor at the consistent 'Three Inch Clearance or Elevation' all the way back ('Aft') as far as you can. You will feel your 'Active Butt Tightening' at this point. This is firing or contracting the 'Glutes'. It is thus a 'Hip Girdle Stabilizing Motion'. 'Core Strengthening and Stability' will thus be accomplished.

The interesting thing about all these exercises is that you will 'Feel The Results' occurring!

Never do any drills without first seeking your family physician's direct approval to do so. You must explain each exercise in detail.

We must, as an absolute priority, prevent any incidence of soft tissue injury.

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

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24/7